

ENGAGE TO EMPOWER

FEATURING

Personalized consumer
experiences
&
Local Resources

YOUR VOICE MATTERS!



Gracious Space-
Inviting the stranger!

What are local consumers doing to
improve health care in Baker County?

contents

- OUR MISSION AND VISION
- LCAC TRIPLE AIM AND DUTIES
- GRACIOUS SPACE
- 'ALL ABOUT ME' - CONSUMER FEATURE
- OH, THE PLACES WE WILL GO
- THINGS WE WANT YOU TO KNOW
- UPCOMING EVENTS
- LOCAL RESOURCES
- COUNTY/STATE/FEDERAL HOTLINES



Engage to Empower



OUR MISSION AND VISION

Engage to Empower is a subcommittee of the Local Community Advisory Council. The group was created to gather consumer experiences with local resources and services to help improve local health care in Baker County.

Our mission:

Engage to empower was created to ensure the success of all new members wishing to serve on the Local Community Advisory Council. We will assist all new members in understanding the aims of the council and contribute to our health improvement plans.

Our vision:

Through monthly meetings consumers will collaborate with the local community advisory council to improve health care in Baker County. Members will share consumer experiences to help other consumers navigate the health care and professional resource system in Baker County, as well as, learn how to participate in a community forum, acquire new skill sets, and enhance community engagement.

Local Community Advisory Council

The primary goal of the community advisory council is to advocate for preventative care, collaborate with community partners, and help improve your community health.

Triple Aim:

The Triple Aim guides all of our work. It simply and clearly states what CCO'S (Care Coordination Organizations) local community advisory councils (LCAC) are all here for:

***Better Health**

***Better Care**

***Lower Costs**

LCAC Duties:

Identify and advocate for preventative care practices to be used by the CCO's. Oversee a Community Health Assessment (CHA)

Adopt a Community Health Plan (CHP) to serve as a strategic plan for addressing health disparities and meeting needs of the community

Conduct a review of the CHP to evaluate progress.

Gracious Space

INVITING THE STRANGER

What makes Engage to Empower unique is the practice of Gracious Space. Which means we are committed to maintaining a 'spirit' and a setting where we invite the 'stranger' and to learn in public.

Behaviors of Gracious Space

- Paying attention to each other's compassion, curiosity, and overall being
- Creating intentional spaces
- Inviting the stranger for the benefit of diverse perspective
- Learning in public: opening our hearts and minds to the thinking of others
- Build Trust: through character, competence, consistency, and information
- Inquire: seeking first to understand
- Listening deeply and slowing down.



Who is the stranger? The stranger could very well be, a complete stranger. A stranger is also considered to be someone with a different experience or way of thinking than yourself. For example, a stranger could be someone that you normally would not get along with or even someone that you do know that can get under your skin. However, in the presence of a gracious space everyone can be involved and contribute to the common good - not just good for yourself and your circle - but for the good of all.

All About Me

a consumer feature



Ronald T.

Engage to Empower member

Ron has been a member of Engage to Empower since the beginning. Ron has a passion for being involved in working towards improving living conditions in Baker County and addressing homelessness as a vital issue in our community. Ron has a unique ability in cooking. He enjoys making different dishes for breakfast, lunch, and dinner. It is a hobby that contributes to his independence and well-being. Ron is a good friend who is easy to talk to and is a great listener. His contribution to our group is much enjoyed.

In addition, Ron has been a member of Baker County for two years. During his time in Baker he has been a consumer of a variety of services. His voice has contributed to raising awareness to areas of those services that could be improved, with the assistance of our local council and Eastern Oregon Care Coordination Organization. When he is not contributing to bettering healthcare; aside from cooking, he enjoys pass-times such as fishing and barbecuing; as well as, improving his skills in talking to new people.





Tamyra K.

Engage to Empower member

Tamyra also has been involved in E2E since the beginning. She is a consumer of GOBHI care management too. Tamyra is very passionate and protective and prides herself on being an advocate for consumers of all services. She has been in Baker for two years and has successfully utilized many services while also working to improve them for easier access for future consumers like herself.

Tamyra, moved here from Ohio two years ago. During her time in Ohio she shared her mental health story in supportive environments, and was once even invited to be a traveling speaker. After the passing of her late love in Ohio, Tamyra relocated to Oregon and has made the many strides to re-establish her mental health requirements in order for her to have a fulfilling community experience. In addition to, being active in GOBHI and E2E; Tamyra enjoys crocheting and gardening and working to improve her patience. Tamyra has also participated in a crocheting volunteer experience, making mats for Make A Wish Foundation.



Michael F.

Engage to Empower Member

Michael has been a standing member of the council as well as, a member of E2E from the start. Michael has strengths in being resourceful, psychology, and reading. Michael is also a veteran and is working to provide support as a peer support specialist for mental health and disability services. He also has an interest in improving his skills in technology.



Michael has a variety of pass times that contribute to his wellness experience including; reading, riding an exercise bike and drawing lines. Michael enjoys reading at all times of the day, and can often be seen reading between his daily activities. As for his exercising and drawing lines he does on occasion. Reasons that Michael enjoys these activities is it provides him with clearer thinking, increases vocabulary, and he enjoys seeing a picture that he has created. All of these hobbies empower Michael to accept and understand recovery and increases his confidence.



Dustine D.

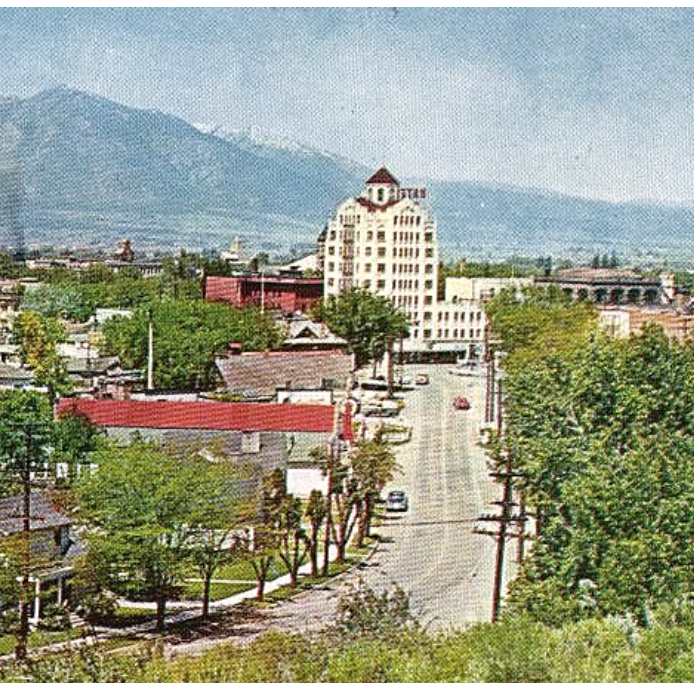
E2E Member

Dustine recently joined Engage to Empower she has used a variety of different services in Baker County and strongly pursues building and maintaining her wellness and well-being.

Dustine has a variety of pass-times that she does regularly that contributes to her feeling of purpose in life, her mindfulness, and getting and giving support in recovery. She takes walks everyday with her kids to stay active and also has lunch at school with her kids every week. She participates in a lot of community events to get involved and socialize and is active in her support groups. She enjoys coloring and being imaginative with her children.



Roger L. Medlin



THE ROADMAP OF INTENT

OH, THE PLACES WE WILL GO

By Aubrey Henshaw
E2E Member

I have been a part of Baker county off and on for 15 years. I have worked in a variety of job areas and have found passion in improving community wellness, engagement, and equity.

Engage to Empower is a special group to me because there is so much heart behind the group advocacy. Not only does each member have a unique life experience, but each member cares to improve services provided in Baker County so that others can experience the most positive results possible.

I enjoy watching each member get to contribute to community development by sharing their voice, knowledge, and experiences. Rather than just professionals and providers contributing to decisions regarding health care. We believe the consumers are the ones that need to speak on it.

How often do professionals need to schedule an appointment in order to make it to another appointment? How often do professionals lose primary care due to transportation issues, overwhelming schedule conflicts, or mental health instability? How many professionals have to worry about their health care AND have the task of finding stable housing?

Members of Engage to Empower intend to help create successful road maps for overcoming the hurdles of healthcare services in Baker County as well as, be an active voice to professionals about the social determinants and conditions consumers face in getting proper health care.

So far E2E members have contributed to many focus areas for the council budget - and this is just the beginning.



THINGS WE WANT YOU TO KNOW

CONSUMER SERVICE EXPERIENCES

Social determinants of health are the structural determinants and conditions in which individuals are born into, grow, live, work and age. Included are socioeconomic status, education, physical environment, social support networks, employment, as well as, access to health care.

Social determinants of health have significant outcomes on an individuals health over their lifetime. If an individual grows up in poverty or low-income neighborhood they are less likely to have access to good education and can be susceptible to adverse childhood experiences. Which can lead to exponential increases in risk for heart disease, substance abuse disorders, and so on.

The list of adverse experiences and social determinants can be quite lengthy so lets take a look at just one example. Going back to lack of access to good education; this alone can decrease an individuals health literacy.

Health literacy is the capacity that an individual can obtain, process, and understand basic health information in order to make positive choices towards bettering their health outcomes. For example, only 1 in 10 Americans can understand all of the questions on an intake sheet for a check-up at the clinic. If you combine this common difficulty with anxiety, depression, or other mental health disorder the battle of accessing health care can feel like an utter defeat.

Now, lets say an individual is able to establish mental health stability and finally feels comfortable enough to ask questions about the intake form; oh, but wait -- they don't have access to transportation to make it to their appointment. Leading to yet another cycle of uncontrollable emotions and even crisis situations. Again, here we are at square one, this individual still hasn't received the health care that they need, and wouldn't you know it, they have also found themselves in a position where they have to find financial support to stay in their home.

THINGS WE WANT YOU TO KNOW

continued

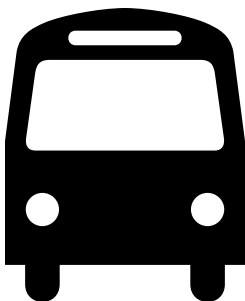
At this point who would even care about their own health care?

Have you found yourself or someone you know living in a similar cycle? You're not alone. Many members of Engage to Empower have lived this as well.

One service that members have utilized to overcome some of the hurdles to health care is Medical Transport. This service is made available in Baker County through GOBHI and Community Connections. Rides for those who qualify are free!

There are some things that consumers want you to know in order to be successful in utilizing this service.

- You must have Medicaid (otherwise known as the Oregon Health Plan)
- You must schedule your ride 48 hours in advance with the time of your appointment and time that you will be picked up. Also, be aware that precision of pick up times can vary. Therefore, prepare by giving yourself extra time when scheduling your ride.
- Only one child can ride on board with the passenger going to the appointment.
- Available for local appointments only



This criteria fits the bill for some health care consumers but not all. Engage to Empower members have spoken up about Medicare insurance consumers, which make up a variety of other community members including anyone living on any source of social security income. They also raise the question about households that have more than one child? What if they don't have child care? Another point they make is utilizing the walk-in clinic here in Baker. Part of maintaining good health is staying on top of your symptoms, if a community member knows what they need and it's something they can get at the walk-in clinic that day but they have to wait another two days to utilize the transportation service, onset conditions are prone to worsen.

Part of the community improvement plan that Engage to Empower members contributed to was to improve the efficiency of this service that is already trying to provide for our county.

One way some consumers have overcome the barriers to the transportation service is using a personal care assistant. Again, there are requirements for this service but you can ask about a personal care assistant through mental health services, primary care physician, and the Department of Human Services. Also, if you are a veteran additional options are available, please refer to our resources section for more information.

Community Events

AND LEARNING
OPPORTUNITIES

May

- May 1: Tween/Teen Writing Workshop 4p-5p
Baker County Library
- May 1: Beginning Throwing Wheel 5:30p Crossroads Art Center
- May 3: Ojos De Dios Gods Eyes 6p Crossroads Art Center
- May 4: Youth Pottery 10a Crossroads Art Center
- May 4: First Friday Art Walk
- May 5: Hang on so you can let go! 10a Community Connections
- May 5th: Community Health Fair 10a-4p
Baker High School
- May 6: Dave Ramsey Financial Peace Univ. 1:30p
Blue Mtn. Baptist Church
- May 11: Lego @ the Library 11a-12p
Baker County Library
- May 11: Printing on Clay 1p Crossroads Art Center
- May 12: Priscilla Shirer Simulcast 9a-4p Church of the Nazarene
- May 12: High Tea 1 p.m. Geiser Grand
- May 15-18: Youth Core Gift Workshop 4p-6p
- May 17th: Photo Restoration 5:30p Crossroads Art Center
- May 18: Senior Potluck 12p Harvest Church
- May 18th: If I Could Have A Do-Over: Mr. Halligan's Presentation 6p-8p BHS Auditorium
- May 19th: Brownlee Crappie Shootout @ 5:30a.
- May 19: Beginner Trail Clinic 9a Eastern Slope Ranch
- May 19; FAFA Banquet 5-8:30p Sunridge Inn Restaurant
- May 25th: Memorial Day Cemetary Service & Sumpter Flea Market
- June 1: Novice Trail Clinic and Competition 9a Eastern Slope Ranch
- June 1: Youth Pottery 10a Crossroads Art Center
- June 1: First Friday Art Walk
- June 2: Run to the Ruts 9a Oregon Trail Interpretive Center
- June 10: Powder River Music Concert Series 4:30p-6:00p Geiser-Pollman Park
- June 15: Senior Potluck 12p Harvest Church
- June 16th: Paint Your Wagon Movie and Dinner 4:30p Cornucopia Lodge
- June 16-17: Elkhorn Archers Father's Day Shoot 8a Washington Gulch

June

Community Events

AND LEARNING
OPPORTUNITIES

July

June 17: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

June 22: Oregon Trail Clinic
and Competition
9a Eastern Oregon Slope Ranch

June 23: Pet Portaiture
6p Crossroads Art Center

June 23: Botanical Illustration
10a Crossroads Art Center

June 24: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

June 25: High Power Sports
Camp 5:15p North Baker
Elementary

June 25: Baker City Historic
Streets and Alleys
7p Crossroads Art Center

June 29th: 2018 Baker City
Cycling Classic

July 1: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

July 2nd: Paint your Wagon
Movie and Dinner
4:30p Cornucopia Lodge

July 2-3: Haines Stampede Rodeo
7a.m.

July 4th: Independence Day

July 6-20: Clear Creek Music
Festival
Halfway

July 7: Karmic Relief
DeadOx Ranch

July 8: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

July 12-14: Hell's Canyon
Motorcycle Rally
&
Sumpter Flea Market

July 12: Cynthia Pennell
Memorial Ranch Versatility Clinic
9a Eastern Slope Ranch

July 17: The Life of Mozart
1p Baker County Library

July 20: Senior Potluck
12p Harvest Church

July 20-23: Miner's Jubilee
&
Bulls and Broncs

July 22: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

July 24-26: Bicycle Rides
NW 208 Ride the Ridge

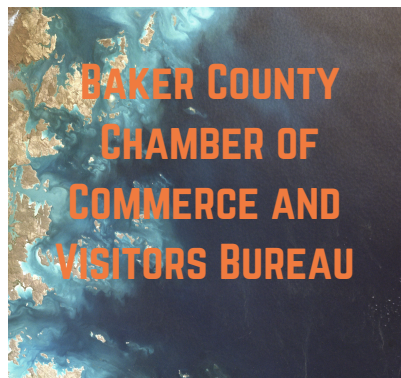
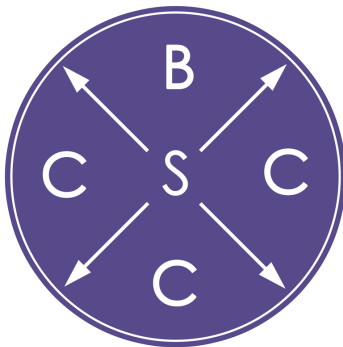
July 28: Elkhorn Crest 50
Ultra Marathon

July 28: Chalk It Up to Art
9a-5p

July 28-29: Elkhorn Archers
Super Shoot
Anthony Lakes Resort

July 29: Powder River Concert
Series 4:30-6:00p
Geiser-Pollman Park

Follow Us



FOR MORE COMMUNITY EVENTS AND OPPORTUNITIES
Music, learning opportunities, community gatherings, and more!

BAKER COUNTY

LOCAL RESOURCES

Emergency- 911

Baker: Non-Emergency- 541-524-2014

Baker County Health Dept.- 541-523-8211

Baker County Veteran's

Administration - 541-523-8223

Vet. of Foreign War- 541-523-4988

Community Connections- 541-523-6591

Department of Human Services - 541-523-3648

New Directions, NW- 541-523-7400

Crisis Line Day- 541-519-3005

Crisis Line After Hours - 541-519-7126

Worksource Oregon- 541-523-6311

Childcare Resource & Referral- 541-523-7838

Food Banks

Bread of Life - 541-519-2258

Salvation Army - 541-523-5853

May Day Shelter - 541-523-9472

NE Oregon Compassion Center- 541-523-9845

NEOHA (HUD housing)- 541-963-5360

Transportation

NE Oregon Public Transit- 541-523-6591

Medical Transport - 541-249-5230

Medical (Long Distance) - 1-800-550-1025

Veteran Transport - 541-523-8223

Churches

Baker Mtn. Baptist - 541-523-5182

Christian Church - 541-523-5425

Harvest Church 541-523-4233

Cathedral of St. Francis - 541-523-4521

Calvary Baptist - 541-523-3891

St. Stephens Episcopal - 541-523-4812

First Lutheran Church - 541-523-3922

Elkhorn Baptist - 541-523-4332

Baker United Methodist - 541-523-4201

Seventh Day Adventist - 541-523-4913

Presbyterian Church - 541-523-5201

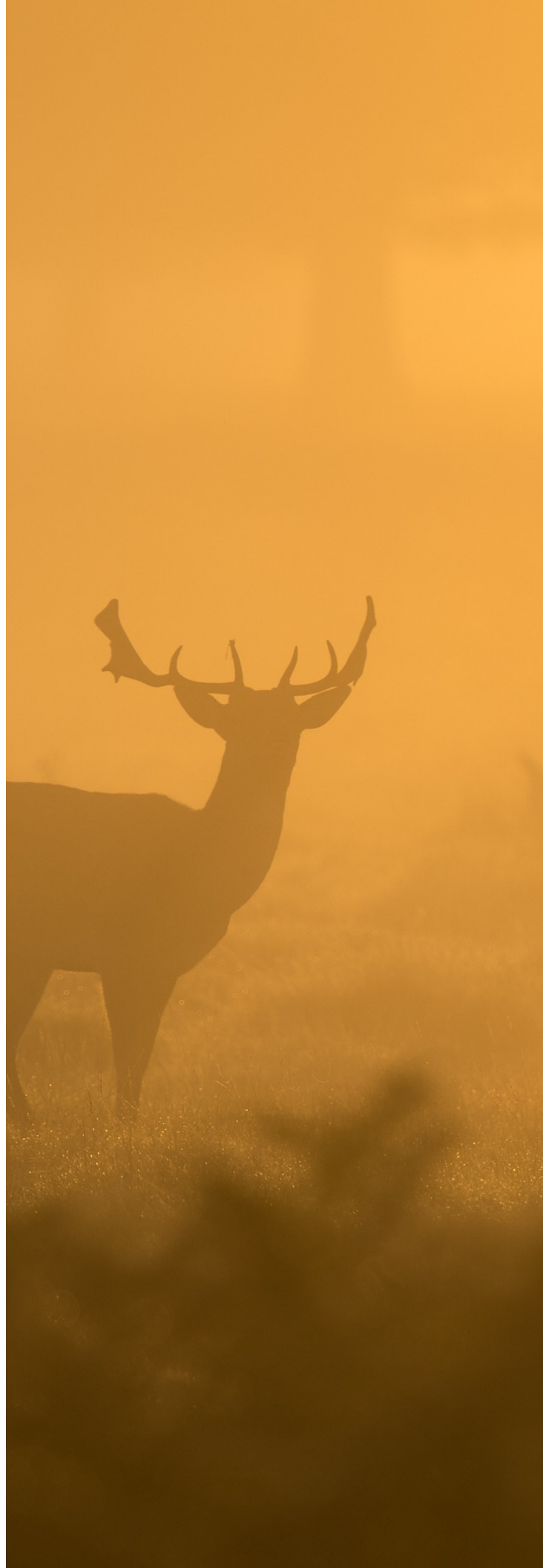
Church of Jesus Christ Latter Day Saints -541-523-4661

Elkhorn Community Church- 541-523-7915

Christian Science Church - 541-523-5911

St. Therese Catholic - 541-523-4251

Jehovah's Witness Kingdom - 541-523-9467



Baker County

Crisis Lines

Day: 541-519-3005

Night: 541-519-7126

State

1-800-QUIT-NOW

Quit Smoking

1-855-399-4305

The Recovery Village

1-877-MY-LIMIT

Gambling hotline

HOT-LINES

National

1-800-SUICIDE

1-916-392-0664

1-800-273-TALK

Friends for Survival, Inc.

Press 1 for Veteran's

1-877-44U-QUIT

Press 2 for Spanish

Quit Smoking

1-800-U-TREVOR

1-800-662-HELP

LGBTQ+Youth

Addiction hotline

1-877-968-8491

1-800-522-4700

Youth Line

Gambling helpline

text: teen2teen



To join Engage to Empower
or to get more information
contact:

Aubrey Henshaw
541-519-4148

Haley Hueckman
541-524-9070

